




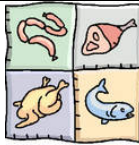



# Hike the MyPyramid Game



							FINISH Follow myPyramid and you'll be a true WINNER!
		Cut through IF you land on this space AND answer the question correctly.					
					Cut through IF you land on this space AND answer the question correctly.		
START your hike along the pyramid trail.			Cut through IF you land on this space AND answer the question correctly.				

**To Play:** Choose 2-4 players and another person to ask the questions. You will also need a die and markers. Start at the **START** box at bottom. Roll the die and move the number of spaces on the die. If you land on a cut through space, answer the question correctly and cut through. If you answer wrong, move back 3 spaces. **\*\*CUT THROUGH** Questions are extra hard.

Question Giver: When a player lands on a space, look at the symbol and then ask a question from that section. Cut through questions are in the last column.					
 Grains Group	 Fruits Group	 Vegetables Group	 Meat, Fish, Poultry, Dried Beans, Eggs & Nuts Group	 Milk Group	<b>CUT THROUGH QUESTION</b>
1-How much is 1 oz of bread? (1 slice) 2-What is the main nutrient in grains? (Carbs) 3-Which vitamins are grains high in? (B) 4-Name 2 different kinds of pasta. 5-Name 2 foods made with grains that are high in fat. (Pie, cake, cookies, donut, pastry) 6-T or F: Grains add fiber to the diet. (True) 7-T or F: Grains are naturally low in fat. (True) 8-What color are grains represented by on the pyramid? (Orange) 9-How much bread equals 1 ounce? (1 Slice) 10-Name 2 grains. (Oats, Wheat, Rice, Bulgar, Rye.) 11-What is it called when nutrients are added back into a food after processing? (Enriched) 12-What is 1 ounce of cooked cereal, pasta and rice/ (1/2 cup) 13-In order for a grain food to be whole grain it must say what? (Whole Grain) 14-How many hamburger or hot dog buns equal 1 oz. (1/2)	1-How many apples equals 1 cup? (1/2 Large) 2-What are the main vitamins in fruits? (A & C) 3-T or F: There is more fiber in orange juice instead of an orange. 4-What can you dip cut fruits in to keep them from turning brown? (Lemon Juice) 5-Name 2 foods made with fruits high in fat. (Pie, Cake, Pastry, Donut) 6-T or F: Strawberry Jam is part of the fruit group. (False-more sugar than fruit) 7-Name 2 fruits high in Vit. C. (Orange, Lemon, Kiwi, Strawberry, Grapefruit) 8-T or F: Whole fruits are high in fiber. (True) 9-How many small grapes equal 1 cup? (32) 10-How much of a melon equals 1 cup? (1/8 melon) 11-What color is fruit represented by on the pyramid? (Red) 12-Which is more healthy-Whole fruit or Fruit Juice? (Whole Fruit) 13-Fruit is full of fiber which helps us how? (Digestion) 14-T or F: Eating fruits	1-How much lettuce equals 1 cup? (2 cups) 2-What are the main vitamins in veggies? (A & C) 3-How many potatoes equals 1 cup of veggies? (1 medium) 4-What is a less healthy way to cook veggies? (Deep Fry) 5-Name 2 forms veggies can be bought. (Fresh, frozen, canned or dried) 6-T or F: Veggies are naturally high in fat. (False) 7-What vitamin is broccoli high in? (Vitamin C) 8-Name a red vegetable. (Red peppers) 9-T or F: Veggies are naturally low in sodium. (True) 10-How much corn on the cob equals 1 cup? (1 Large Cob) 11-T or F: Veggies are naturally high in fiber. (True) 12-T or F: Frozen and canned veggies have lost all their nutrients. (False) 13-Which is more healthy: whole vegetable or vegetable juice. (Whole vegetable) 14-Name 1 healthy veggie side dish. (Salad, casserole,	1-How much peanut butter is equal to one ounce of meat? (1 Tablespoon) 2-What is a good protein substitute for meat? (Cooked Dried Beans) 3-What major nutrient that helps you grow and repair is meat a good source of? (Protein) 4-T or F: Meat is high in fat. (False-some meat is, but not all) 5-Why are nuts in the meat group? (Because they are high in many of the same nutrients as meat.) 6-T or F: Eating extra meat will build muscle. (False, extra protein is stored as fat) 7-How much nuts are equal to 1 ounce of meat. (1/2 oz.) 8-T or F: Meat is full of fiber. (False-no fiber) 9-T or F: Fat is bad in the diet. (False, fat is essential in the diet) 10-Name 3 foods in this group. (Any meat, poultry, fish, beans, eggs and nuts) 11-Which has more fat, pink or red hamburger. (Pink) 12-How many eggs equal 1 oz. of meat?	1-How much yogurt is equal to one cup of milk? (8 oz.) 2-What is the key nutrient in the milk group? (Calcium) 3-What does calcium do for our bodies? (Builds strong bones & Teeth) 4-How many servings of milk should teens have per day? (3 or more cups) 5-What is a high fat food choice in the milk group? (Cheese, Ice Cream) 6-What is a low-fat food choice in the milk group? (Yogurt, lowfat or skim milk, cottage cheese) 7-What kind of milk is a healthier choice? (Skim, 1% or 2%) 8-T or F: Teen bodies store calcium for later in life. (True) 9-if you are lactose intolerant, how can you get your calcium? (Cook with milk, drink milk with other foods, take a supplement.) 10-How much cottage cheese would you need to eat to get 1 cup of milk? (2 cups) 11-T or F: Cheese is low in lactose. (True) 12-Milk is a good example of what kind of protein? (Complete)	1-What are the 3 parts of a grain kernel?(Bran, Germ, Endosperm) 2-What sugar is in fruits? (Fructose) 3-What is the chemical name of Vitamin C? (Ascorbic Acid) 4-How many calories are in 1 gram of protein or carbohydrate? (4 calories) 5-What disease does calcium help prevent? (Osteoporosis) 6-How many servings of milk is 1 lb. of cheese? (8-one serving is 2 ounces.) 7-List all the food groups and their colors on myPYramid. (Blue-milk, red-fruit, green-veggies, purple-meat, fish, poultry, etc., orange-grains, yellow-oils) 8-What info do you need to figure out your Pyramid Plan? (Age, Gender, Activity Level) 9-Name 3 guidelines to be healthier. (Eat F & V, don't eat high

	helps prevent certain types of cancer. (True)	soup, Vegetable sticks)	(1 egg) 13-T or F: All meat is high fat. (False) 14-T or F: Nuts have healthier fat than meat. (True)	13-What color is milk represented by on the pyramid? (Blue) 14-T or F:Milk is a good choice of beverage. (True)	fat/ sugar snacks, substitute milk for pop, choose lowfat meats and milk products, exercise 60 min a day.)
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